



Herby pork with apple & chicory salad



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g pork tenderloins trimmed
- ☐ 1 tbsp walnut oil
- ☐ 2 tsp coarse mustard
- ☐ 1 tbsp parsley chopped
- ☐ 1 juice of lemon
- ☐ 1 tbsp honey
- ☐ 2 large apples cored sliced
- ☐ 270 g endive separated

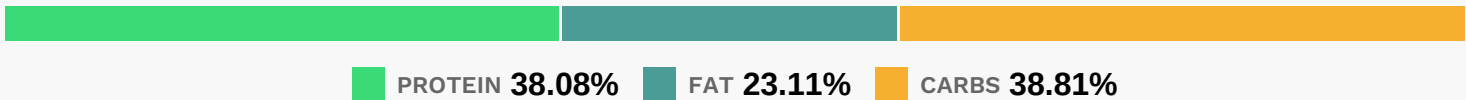
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Rub the pork with 1 tsp oil, 1 tsp mustard and some seasoning. Brown, transfer to a baking tray and press on half the herbs. Roast for 15 mins until just cooked.
- ☐ To make the salad, mix the lemon juice, honey and remaining walnut oil and mustard together. Season and toss through the apples, chicory and remaining herbs.
- ☐ Serve the pork sliced, with the salad on the side.

Nutrition Facts



Properties

Glycemic Index:48.32, Glycemic Load:6.42, Inflammation Score:-8, Nutrition Score:24.549564967985%

Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg, Apigenin: 2.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg, Kaempferol: 6.99mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 227.99kcal (11.4%), Fat: 6g (9.24%), Saturated Fat: 1.08g (6.76%), Carbohydrates: 22.68g (7.56%), Net Carbohydrates: 17.74g (6.45%), Sugar: 16.31g (18.12%), Cholesterol: 65mg (21.67%), Sodium: 97.28mg (4.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.26g (44.52%), Vitamin K: 174.51µg (166.2%), Vitamin B1: 1.08mg (71.89%), Selenium: 31.84µg (45.48%), Vitamin B6: 0.84mg (42.18%), Vitamin B3: 7.1mg (35.48%), Vitamin A: 1605.19IU (32.1%), Phosphorus: 282.23mg (28.22%), Folate: 102.42µg (25.6%), Vitamin B2: 0.43mg (25.14%), Potassium: 749.72mg (21.42%), Fiber: 4.94g (19.76%), Manganese: 0.35mg (17.73%), Zinc: 2.51mg (16.73%), Vitamin C: 13.72mg (16.63%), Vitamin B5: 1.55mg (15.46%), Magnesium: 44.93mg (11.23%), Iron: 1.8mg (10%), Copper: 0.19mg (9.66%), Vitamin B12: 0.51µg (8.5%), Vitamin E: 0.76mg (5.06%), Calcium: 50.44mg (5.04%), Vitamin D: 0.2µg (1.33%)